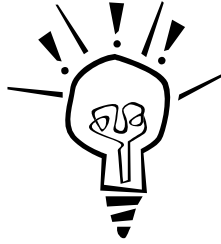


# Staying Regular

## Regular Soft, Bowel Movements...



## ...What a Good Idea!

1. Making sure that you have a soft and log-formed bowel movement on a regular basis is important
2. There are several things that you can do to help stay regular:
  - ✓ Drink plenty of fluids to keep the stool soft
  - ✓ Eat foods high in fiber -they are natural stool softeners (bran cereals, brown rice, barley, whole wheat, oatmeal, prunes and prune juice, stoneground corn, wheat germs, and fruits & vegetables)
  - ✓ Keep active- physical activity helps stool to move through the body
3. You should call your health care provider if you go more than 2-3 days without a bowel movement
4. You have become constipated if your stools become hard, small, and ball-shaped- call your health care provider for information on how you can get back to normal (every person is different and what may work for one person may not be best for another)

